

Reflection Wednesday Week 8 The Visitation 2023

Despite being pregnant outside marriage and facing the possibility of losing her life, rather than think about herself and her own plight, Mary went to help her cousin Elizabeth and help her give birth to John the Baptist. Mary teaches us the truth about receiving gifts, she saw them as an opportunity to use them to help others. This was seen earlier in the week when we celebrated Mary the Mother of the Church. She gives out of love, out of a generous spirit, and with a genuine desire to help us be better brothers and sisters of Jesus, her son. Our founder, Emmanuel d'Alzon, chose Mary as a patron of the Assumptionists because of her selfless generosity and love and wished us to follow her example just as he did.

Pope Francis:

Courageous women in the Church are like Mary. They are the women who bring up their families, who are responsible for rearing their children, who have to face many hardships, much pain; women who look after the sick... Courageous: they get up and help other people and do it all with Joy. Christians with a grimace or disgruntled expression on their faces, sad Christians, are a very ugly thing, they are not fully Christian. They think they are (Christians) but they are not fully so. With her Visitation, Mary teaches us how to show concern for others and be another Christian sign. Those who describe themselves as Christian and who are unable to reach out to others, to go and meet them, are not totally Christian. Being of service and reaching out to others both require going out from ourselves: going out to serve and meet others, to embrace another person. We imitate Mary when we reach out to others for an authentic encounter, allowing the Lord to work. Through Mary's service towards others, through that encounter, our Lord's promise is renewed and makes it happen now, just as it did then.

1. **What do you call someone with no body and no nose?** Nobody Knows.
2. **What do you call a shoe made from a banana?** A slipper.
3. **What do you call birds that stick together?** Vel-crows.